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What is Claimed is:

- An echo canceling system comprising:
 a tracking echo canceller;
 a current echo canceller; and
- an echo cancellation accuracy determination device that compares the accuracy of the tracking echo canceller and the current echo canceller.
- 2. The system of claim 1, further comprising an echo canceller updating device that updates the current echo canceller based on the comparison.
- 3. The system of claim 1, wherein the accuracy is determined based on a sync 10 frame.
 - 4. The system of claim 1, wherein the tracking echo canceller monitors the echo in a signal.
 - 5. The system of claim 4, wherein the signal is information within a digital communications environment.
 - 6. The system of claim 1, wherein the accuracy is based on the subtraction of an extraneous signal and an estimation of an echo from a received sampled signal.
 - 7. The system of claim 1, wherein the tracking echo canceller adjusts one or more off-line echo canceller taps based on a known, received sync frame.
 - 8. The system of claim 1, wherein a running average of a plurality of transmit and receive signals are maintained and subtracted from a sync frame of samples.
 - 9. The system of claim 1, wherein one or more coefficients for the current echo canceller are updated, while the tracking echo canceller is updated one or more times.
 - 10. A method for updating an echo canceller comprising:

 determining the accuracy of a tracking echo canceller;

 determining the accuracy of a current echo canceller;

 comparing the accuracy of the echo cancellers; and

 updating the current echo canceller with the tracking echo canceller if the

 tracking echo canceller is more accurate.
 - 11. The method of claim 10, further comprising sampling an input signal.
- The method of claim 10, further comprising reading input samples into a memory device.
 - 13. The method of claim 10, further comprising updating the tracking echo canceller.

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- 14. The method of claim 10, further comprising sampling a portion of a sync frame.
- 15. The method of claim 14, wherein the sync frame is a portion of a communication in a digital communication environment.
- 16. The method of claim 10, further comprising subtracting an extraneous signal from a received sampled signal.
 - 17. The method of claim 10, further comprising subtracting an estimate of the echo from a received sampled signal.
 - 18. The method of claim 10, further comprising adjusting one or more off-line echo canceller taps based on a known, received sync frame.
 - 19. The method of claim 10, wherein a running average of a plurality of transmit and receive signals are maintained and subtracted from a sync frame of samples.
 - 20. The method of claim 10, wherein one or more coefficients for the current echo canceller are updated, while the tracking echo canceller is updated one or more times.
 - 21. An information storage media comprising information that updates an echo canceller comprising:

information that determines the accuracy of a tracking echo canceller; information that determines the accuracy of a current echo canceller; information that compares the accuracy of the echo cancellers; and information that updates the current echo canceller with the tracking echo canceller if the tracking echo canceller is more accurate.

- 22. The information storage media of claim 21, further comprising information that samples an input signal.
- 23. The information storage media of claim 21, further comprising information that reads input samples into a memory device.
- 24. The information storage media of claim 21, further comprising information that updates the tracking echo canceller.
- 25. The information storage media of claim 21, further comprising information that samples a portion of a sync frame.
- 26. The information storage media of claim 25, wherein the sync frame is a portion of a communication in a digital communication environment.
 - 27. The information storage media of claim 21, further comprising information that subtracts an extraneous signal from a received sampled signal.

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- 28. The information storage media of claim 21, further comprising information that subtracts an estimate of the echo from a received sampled signal.
- 29. The information storage media of claim 21, further comprising information that adjusts one or more off-line echo canceller taps based on a known, received sync frame.
- 30. The information storage media of claim 21, wherein a running average of a plurality of transmit and receive signals are maintained and subtracted from a sync frame of samples.
- 31. The information storage media of claim 21, wherein one or more coefficients for the current echo canceller are updated, while the tracking echo canceller is updated one or more times.